Sports pg 12,13

Metro's CFL season preview kicks off

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CanadaDay

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Madoff gets 150 years

Sunny Side

Follow Metro's SunnySide initiative as we help you find the good news around Vancouver and Canada. This is also a Call to Action for you to send us your suggestions at vancouverletters@metronews.ca, metronews.ca or on Twitter @metrovancouver.

On metronews.ca

- See what other Metro readers are doing and saying about SunnySide

Metro

Metro will not publish Canada Day, Wednesday, July 1. The next edition will appear Thursday.

Happy Canada Day **A hundred and forty-two and counting**

FIREWORKS/REUTERS; YALETOWN GRAND PRIX/RAFE ARNOTT; CITIZENSHIP/KARL YU; CANADA DAY PARADE/PHOTO SUBMITTED

Vancouver is having its first Canada Day Parade tomorrow, bottom left, adding to the list of events and celebrations to mark our country's 142nd birthday. The day will include a citizenship ceremony for new Canadians like Victor Zhang, top right, the Yaletown Grand Prix, bottom right, before it ends with a bang as fireworks light up the skies above English Bay. Story, pg 4

Closure for one shelter, probation for another

Back-to-back False Creek shelters 'created a party zone': Mayor

JEFF HODSON
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A low-barrier emergency shelter in the 1400 block of Granville Street that created a "party zone" of street disorder and crime in False Creek North will close tomorrow, Mayor Gregor Robertson said yesterday.

Another shelter in the neighbourhood (1400 block of Howe Street) will stiffen up its rules and will begin a 30-day probation period to determine whether it remains open.

Neighbours have complained about an increase in drug dealing and public sex and defecation. One neighbour was even threatened with a syringe.

"We've heard the concerns," Robertson said. "I completely understand and share the frustration of the problems."

Robertson said problems began with the warmer weather and were caused by having the Howe and Granville shelters located across an alley from one another.

Crime

- Vancouver's Downtown Ambassadors say the shelters have had a positive impact on overall crime. STORY, PG 3

"It created a party zone in the alley that has attracted dealers and all sorts of problems."

Housing Minister Rich Coleman said the complaints surrounding the two shelters had become a "concern" for the province's other homelessness efforts.

"As we try and build more supportive housing for people with mental health and addictions so that they can transition from the street … and their lives, we want neighbourhoods as partners."

Three other low-barrier HEAT shelters in the Downtown Eastside, which were opened this winter to get homeless people out of the cold, will remain funded until the end of April 2010.

Reward for return of PNE's K.C.

MASCOT The PNE is asking the public to be on the lookout for a two-metre-tall furry brown bear last seen wearing a train conductor's outfit and a red bandana around its neck.

The fair's mascot K.C. — short for Kettle Creek Bear — was discovered stolen yesterday morning when staff went to get the uniform from the Party Patrol vehicle for an appearance at the park later.

"We're obviously very anxious to get him back," said Laura Ballance, a spokesperson for the PNE.

The PNE is offering a $500 reward for K.C.'s safe return.

Anyone with information about his whereabouts is asked to call 604-253-2311.

METRO VANCOUVER

PHOTO COURTESY OF PNE

Kettle Creek Bear

RCMP seek info in high school sex recruitment

CRIME High school girls in North Vancouver are selling sexual services on Craigslist.

According to the RCMP many of the girls were recruited by a ring of pimps and drug traffickers operating on the North Shore.

"Some of these girls don't realize that they are being exploited," said Const. Michelle Steele of the RCMP's Youth Intervention Unit. "In the beginning all they see is the clothing, the cars and what they think is recreational drug use."

RCMP are asking anyone with further info to call 604-985-1311. METRO VANCOUVER

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Free Daily News Group Inc., operating as Metro Vancouver Newspapers 1190 Homer Street, Suite 250, Vancouver, B.C. V6B 2X6. Publisher: Maryse Lalonde

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1517 56th St.

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Walnut Grove Town Centre
Willowbrook Shopping Centre
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103 - 19700 Langley Bypass
C104 - 20159 88th Ave.
19971 96th Ave.
C7 - 20202 66th Ave.

Maple Ridge
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Mission
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318 - 32555 London Ave.

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1748 Lonsdale Ave.
1392 Main St.

Pitt Meadows
735 - 19800 Lougheed Hwy.

Port Moody
202 Newport Dr.

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Admiralty Centre Mall
Ironwood Mall
Parker Place
Richmond Centre
115 - 12571 Bridgeport Rd.

Surrey
Central City Shopping Centre
Guildford Town Centre
201 - 13734 104th Ave.
135 - 12477 88th Ave.
30 - 16041 24th Ave.
1675 128th St.
108 - 7380 King George Hwy.
403 - 15940 Fraser Hwy.
10310A 152nd St.

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North/South

White Rock
Semiahmoo Shopping Centre
10 - 3189 King George Hwy.

OKANAGAN/NORTHERN BC

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Northills Centre (Kamloops)
C - 1815 Rogers Place (Kamloops)
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Psychic and Healing Show offers glimpse of future
Curious about the the future of your love life, career or chances of winning the lottery? Participants at the Vancouver Psychic and Healing Show may be able to help. The three-day event runs until tomorrow at the Roundhouse Mews in Yaletown. METRO VANCOUVER

Local

Olympics poster unveiled

The official 2010 Games posters, left, were unveiled by VANOC yesterday. On their own, the Paralympic and Olympic posters depict half a maple leaf, inside which the Pacific Northwest landscape is depicted. When put together, the two halves of the leaf create one complete image. The posters are on sale for $15 each. METRO VANCOUVER

Carbon tax rising to $15

NOTICE Gas up today, because it'll cost a little more tomorrow.

British Columbia's carbon tax goes up to $15 per tonne on Canada Day, up from the $10 consumers paid when the tax was originally introduced.

Maureen Bader, B.C. director of the Canadian Taxpayers Federation, called it a "pure tax grab."

"Heating our homes and driving our cars is already expensive enough," she said. "It's time for government to eliminate the carbon tax and stop creating more worries for families who are already concerned about jobs, the economy and their future well-being."

METRO VANCOUVER

GST

- The federal government charges GST on the carbon tax, bumping the increase to 58 per cent.

Downtown crime falling: Group

Reduction seen after opening of controversial homeless shelters in January

KRISTEN THOMPSON
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While outraged residents in False Creek North say nearby homeless shelters are dangerous and need to be shut down, some statistics show there's been a significant reduction in crime since they opened.

The city created five temporary Homeless Emergency Action Team (HEAT) shelters in January, and downtown ambassadors have since noticed a dramatic reduction in street disorder at night, said Charles Gauthier, executive director of the Downtown Business Improvement Association.

"It makes a lot of sense," he said. "If you can provide people with a roof, feed them and (give them) … contact with health-care professionals, obviously there would be a decline in street-disorder issues."

According to the ambassadors, an average of 180 people a month were seen sleeping on the street from September to December. That number has gone down to 18 since the shelters opened.

Gauthier said incidents of open drug use fell to about 40 a month from 140, and trespassing declined to around 50 incidents a month from an average of 300. The ambassadors also noted that overnight aggressive panhandling went to almost zero from about 50.

"I know the residents will accuse us of displacing these people and that's not the case. You can't explain that dramatic reduction by just that," said Gauthier.

"It doesn't say the concerns of the residents shouldn't be addressed … The issue here is to manage the problem people."

Police figures

- According to the VPD website, crime fell roughly 10 per cent from January to May 2009, compared to the same time last year.
- It also found that crime declined nearly 12 per cent in the five months after the shelters opened, compared to the previous five months.

Suspect in Surrey Six killings appears in court

JEFF HODSON
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CRIME One of the alleged founders and leaders of the Red Scorpion gang appeared in court yesterday, two days after he was extradited from the Philippines, to face charges for a 2007 mass murder at a Surrey high rise.

Quang Vinh Thang (Michael) Le, 24, appeared in provincial court, charged with first-degree murder and conspiracy to commit the murder of Corey Lal in the Surrey Six killings.

On Oct. 19, 2007, six people, including innocent bystanders Chris Mohan and Ed Schellenberg, were found murdered in a 15th-floor condo.

Police said Le, a Canadian citizen who was born in Vietnam, fled to his birth country to escape prosecution, but was arrested June 17 when he landed in the Philippines. He was extradited to the Lower Mainland on Saturday.

Eileen Mohan, mother of Chris Mohan, said the arrest signalled that people can run, but can't hide.

In April, Dennis Karbovanec pleaded guilty to three counts of second-degree murder for the killings. Since then, Le and three others have also been charged.

JEFF HODSON/METRO VANCOUVER

RCMP Supt. John Robin speaks with Eileen Mohan outside RCMP headquarters in Surrey yesterday. Mohan's son Chris was among the six people found murdered in a 15th-floor condo in 2007.

News in brief

ARREST Police are crediting witnesses to a fatal shooting in Maple Ridge for the prompt arrest of a murder suspect. "This has advanced quickly due to witnesses being forthcoming," said RCMP Cpl. Dale Carr. Hershan (Shawn) Singh Bains, 28, of Maple Ridge, made his first appearance in Port Coquitlam court yesterday, charged with second-degree murder in the shooting death of Steve Nagra, 29. Nagra was shot in the chest on May 28, and drove himself to hospital where he died the following day. Carr said Bains is a known gang associate.

HIT LIST A Vancouver teenager accused of making a hit list of 82 classmates and posting it on Facebook was granted bail yesterday for $50,000.

PACIFIER RECALL Pacifiers with Vancouver Canucks logos and those of other NHL teams have been recalled by Health Canada for posing a danger to children.

METRO NEWS SERVICES

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What's online today.

Video Lamenting the lack of a Canada Day long weekend at **metronews.ca/canada**

Your Money Allan Small on the best investments for income growth as the market rally gains strength at **metronews.ca/investing**

Blogs Hollywood Rants is unsurprised about the circus surrounding the death of Michael Jackson

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New name for prix fix dining program
The popular Eat B.C. dining program has been rebranded to signify the contribution of the province's beverage industry. Now called Eat & Drink B.C., the event offers prix fix menus at $15, $25 and $35 throughout October. METRO VANCOUVER

Constructing podiums helps to rebuild lives

VANCOUVER 2010 Games

KRISTEN THOMPSON
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None of the winning athletes during the 2010 Games will be able to step on the podium without 14 young women from the Downtown Eastside.

The women, who are training to become carpenters, are building 8,000 wooden products for the Games, including signage, benches and the podiums.

Their course is part of the YWCA's fabrication program, which is run in partnership with VANOC and Rona.

"We work hard to help women find employment that gives them … economic independence," said Marnie Marley, director of employment with the YWCA.

"They say, 'When we watch the Olympics, we'll be able to see (the things we built).'"

New skills

- When the program is completed in September, the women will have attained the first level in their carpentry training and 500 hours of work experience

News in brief

MISSING The cousin of a missing Squamish teenager went to Bowen Island yesterday to put up missing posters. Jodi Hendrickson, 17, disappeared while partying on the island last week. She was last spotted on June 20.

SURREY Break-and-enters in Surrey have gone up 35 per cent this year compared to the same time last year, police announced yesterday.

FERRIES New federal Transportation Safety Board documents say that five B.C. ferries were involved in near-collisions with other commercial vessels last year.

IDENTIFICATION A 30-year-old man has been identified as the employee killed last Friday in an industrial accident on Annacis Island

METRO VANCOUVER

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CanadaDay

KARL YU
for Metro Vancouver

KARL YU/FOR METRO VANCOUVER

Victor Zhang at False Creek's David Lam Park yesterday.

Yosef Fromsa, who is originally from Ethiopia and has been a citizen since last year, is embracing Canadian culture as a tax payer who is a 10 per cent owner in a Petro-Canada service station, but he is also becoming a Canuck in another way, pun intended.

"I very much like hockey," Fromsa said. "I'm always watching it and in the morning when I come in (to work with) my coworkers we talk about hockey, and I like the Canucks."

While Fromsa has found hockey, Victor Zhang, who is on track to become a citizen next year, is using all he learns about Canadian culture to help people in China.

Hailing from Beijing, Zhang set up his own business, Sinowest International Education, which teaches people about Asian culture.

"We help people in North America who are interested in Chinese culture and language go to China to learn Chinese," Zhang said. "We also help people in China to come (to Canada) for immigration and for study."

Everything Zhang learns in his citizenship preparation he passes on to clients.

"I have to introduce Canada to my students and clients. I think I have a lot of information and knowledge about this country," Zhang said, including Canadian behaviour.

"Canadian people are really nice," he said with a smile.

"When you go across the street, you don't have to worry about all the (traffic). The cars at the stops let you go first, that never happens in China, especially Beijing."

New parade marks nation's birthday

CanadaDay

DANIEL TAM
for Metro Vancouver

Happy 142nd birthday, Canada!

Vancouverites get to celebrate Canada Day in a whole new way this year as the city's newest annual parade hits downtown streets tomorrow.

Organizer Brett Calder said he expects a good turnout for the parade, which will feature marching bands, stilt walkers, dancers and mascots, as well as a wide assortment of performers celebrating the country's diversity and multiculturalism.

"The Canada Day Festival usually brings about 120,000 guests," said Calder.

"(The parade) will give a twist on a traditional event."

This free event starts at 7 p.m. on the corner of Georgia and Broughton streets.

Along with the parade, many events will celebrate the birth of the nation all over the Lower Mainland.

- Canada Place hosts its 22nd annual outdoor street festival. It features three stages with performers and entertainment. The day-long festival takes place from 10 a.m. to 7 p.m.
- The Burrard Inlet Fireworks Society will have its annual Canada Day high-altitude fireworks show. The 20-minute display begins at 10:30 p.m. and can be viewed from downtown, North Vancouver, West Vancouver and Vancouver's West Side. For more info, visit canadadayfireworks.ca.
- The Yaletown Grand Prix, Vancouver's premier urban cycling event, pits elite bike racers against each other in a multi-lap race in a closed downtown course. The race starts at 1 p.m. on Mainland Street in Yaletown.

For more info, visit yaletowngrandprix.com.

- Surrey Canada Day, the largest event of its kind in Western Canada, takes place at the Cloverdale Millennium Amphitheatre. The day-long celebration starts at 10 a.m. and ends with a fireworks display. For more info, visit canadaday.surrey.ca.
- The fourth annual Canada Day International Pavilion will be set up at Granville Island. The South Asian-themed event features an international food fair, reptile exhibit, and international and local musicians. It takes place from 11 a.m. to 9 p.m. For more info, visit melafestivals.ca.
- The Vancouver Open Water Swim Association presents the Canada Day Challenge, a race at Sasamat Lake. The challenge includes one-, two- and four-kilometre challenges. For more info, visit vowsa.bc.ca.
- North Vancouver Canada Day celebrations take place at Waterfront Park. The theme of this year is sustainability, and the event's displays and attractions include an eco-friendly car wash, bicycle valet service and a solar-powered taxi. For more information, visit northvancanadaday.com.

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Aeroplan agrees on loan

Groupe Aeroplan Inc., which operates Air Canada's frequent flyer program, has agreed to lend the cash-strapped airline up to $100 million, both parties said yesterday. REUTERS

Canada

Defence argues abuse of system in Bountiful case

Political interference led to polygamy charges: Lawyers

Improper political interference led to polygamy charges being filed against two members of a breakaway sect of the Mormon Church, a court was told yesterday.

The court was asked to toss out the charges against the members of U.S.-based Fundamentalist Church of Jesus Christ of Latter Day Saints (FLDS), which has been reported for years to be practising plural marriages in a rural town in British Columbia.

The case is the first major test of Canada's more than century-old polygamy law, which some civil rights lawyers have warned may violate the country's constitutional protections of religious freedom.

Bountiful

- While the Fundamentalist Church of Jesus Christ of Latter Day Saints in Bountiful largely shuns outside contact, some members have acknowledged that polygamy is practised.
- Winston Blackmore is accused of having 20 wives, while James Oler is alleged by police of having two wives.

Defence lawyers said British Columbia's attorney general abused the system by appointing a new special prosecutor after one appointed in 2007 declined to file charges because the case was likely not winnable. The new prosecutor did file charges.

The province decided to use a special prosecutor to avoid a potential conflict of interest because its own internal criminal prosecutors had warned in the 1990s the law was likely unconstitutional.

"The special prosecutor was intended to avoid any risk, real or perceived, of political interference," said attorney Bruce Elwood.

The FLDS established a community called Bountiful a short distance from the U.S. border in Lister, British Columbia, in the 1940s, where it is believed to have several hundred members.

REUTERS

Spouse refusals cruel, arbitrary: MP

IMMIGRATION Almost half of the husbands and wives in southern China and central Africa who want to rejoin their spouses in Canada are refused, a situation MP Olivia Chow calls cruel and arbitrary.

Chow, the NDP immigration critic, yesterday released spousal sponsorship numbers supplied by Citizenship and Immigration Canada.

That this country makes it tough for some couples to be reunited is no surprise to a Markham, Ont., engineer. To try to get his wife Dixie-Ann here, he's spent a year scaling a mountain of bureaucracy stacked with family photographs and questions about minutiae such as in-laws' birthdates.

"The system encourages you not to tell the truth," says Nabbie. "I know three people who came here on regular visas and applied here."

TORSTAR NEWS SERVICE

AARON HARRIS/TORSTAR NEWS SERVICE

Khalid Nabbie, centre, and daughters Soraya, left, and Safiya look through a family photo album at their home in Toronto, Thursday. Nabbie has been waiting a year to get approval for his sponsorship of his wife, Dixie-Ann Nabbie, (shown on photo on cover of album), who is in Trinidad.

News in brief

MINT The federal government has ordered an immediate review of security at the Royal Canadian Mint after an external audit suggested criminal activity could be behind the disappearance of $15.3 million worth of gold. The months-long external review ruled out sloppy bookkeeping or accounting errors for the fact that 17,500 troy ounces of gold (about 544 kilograms) has gone missing, raising the possibility that thieves took the precious metal. "A higher amount of gold should be on hand than the physical amount of gold counted," concludes the report. And the review reveals that some silver, platinum and palladium is also missing, although Mint officials could not say how much. The review urges the Mint to examine security.

TORSTAR NEWS SERVICE

Race-based promotions ruling overturned

The U.S. Supreme Court ruled yesterday that New Haven, Connecticut, discriminated against a mostly white group of firefighters denied promotions, overturning a decision by high court nominee Sonia Sotomayor. At issue was whether a city can throw out the results of an exam after it yielded too many qualified white applicants and no acceptable black candidates. REUTERS

World/Business

Madoff gets 150 years

From rubbing elbows with millionaires to sharing a prison yard with drug dealers and gangsters, Bernard Madoff's life is about to change dramatically.

The U.S. Federal Bureau of Prisons has not decided where Madoff, who orchestrated a Ponzi scheme that bilked investors out of billions of dollars, will serve his 150-year sentence.

Madoff was sentenced yesterday to the maximum penalty the judge could give him for "extraordinarily evil" crimes in Wall Street's biggest and most brazen investment fraud.

Fleeced investors in the courtroom cheered and applauded as the judge handed down the penalty.

Madoff, 71, stood passively with his hands clasped at his waist, showing no reaction when he heard the sentence that will send him to prison for the rest of his life. If prison officials decide to keep him close to home, Madoff could end up in the Federal Correctional Institution in Otisville, New York, a medium-security prison about 70 miles northwest of New York City that houses 1,100 inmates. After initial isolation, Madoff likely will have a cell mate. In Otisville, potential bunk mates could include Emory Clash Jones, a drug dealer; James Coonan, a noted gangster; Gregory Rago, a mob soldier; and Blake Prater, a comparatively small-scale Ponzi artist. REUTERS

Strong signal

- The White House said yesterday the judge who sentenced confessed swindler Bernard Madoff to 150 years in prison had sent a strong signal to investors who handle other people's money.

Honduran coup widely denounced

CENTRAL AMERICA Honduras came under pressure yesterday to reinstate ousted President Manuel Zelaya as many Latin American leaders agreed to withdraw envoys, Washington said the ouster was illegal and protesters took to the streets.

Police in the Honduran capital fired tear gas at stone-throwing supporters of Zelaya, who was toppled in an army coup on Sunday. They arrested about two dozen people.

Zelaya, a leftist, was detained and sent into exile Sunday in a dispute over his push to extend presidential terms. The coup is Central America's biggest political crisis in decades.

Left-wing Latin American leaders led by Venezuelan President Hugo Chavez announced that they would withdraw their ambassadors from Honduras in protest at the coup.

In Washington, U.S. President Barack Obama said it would be a "terrible precedent" to move back into an era of military coups, and added the ouster was "not legal."

Zelaya said he will travel back to Honduras Thursday, in defiance of the coup. Speaking in Nicaragua, Zelaya said Organization of American States chief Jose Miguel Insulza had offered to accompany him to Honduras. REUTERS

OSWALDO RIVAS/REUTERS

A supporter of Honduras' President Manuel Zelaya sings the national anthem outside the presidential house in the capital city of Tegucigalpa yesterday.

Iran declares election case closed

IranCrisis

ELECTION Iran confirmed Mahmoud Ahmadinejad as president and said controversy over his June 12 re-election was over, leaving opponents who cried foul with few options.

Iran's top legislative body, the Guardian Council, said a partial recount yesterday had disproved complaints of irregularities by pro-reform opponents, who said the count was inadequate and that only annulling the election would do.

Riot police beefed up their presence in the capital Tehran but there were no signs of major unrest late on Monday, in contrast to protests that erupted when Ahmadinejad was first declared victor of the June 12 vote. The poll and its turbulent aftermath have exposed splits in Iran's political establishment and plunged the country into its deepest crisis since the 1979 Islamic Revolution.

Options for the opposition look limited now the election result has been officially upheld. REUTERS

Probe into killing

- Iranian President Mahmoud Ahmadinejad has called for a judicial probe into the "suspicious" death of a young woman, Neda Agha-Soltan, who has become an icon of opposition protests against a disputed election which he officially won. He accused foreign media of using the case for propaganda purposes. Neda, a 26-year-old music student, was shot on June 20. Footage of her death has been watched by thousands on the Internet.

Look back on how events have unfolded with our ongoing Unrest in Iran Section, at **metronews.ca**

News in brief

CRASH A total of 153 people were on board a Yemen Airways aircraft that crashed in the waters of the Indian Ocean archipelago of Comoros yesterday, an airline official said. "Not yet," the official told Reuters when asked whether the airline had information about survivors, adding that the 142 passengers included nationals of France and the Comoros.

CRIME Child pornography was downloaded from a Swiss hip-hop music website to around 2,300 computers in 78 countries, Swiss police said yesterday. A police spokesman said videos of minors engaged in sex acts were hidden in a site where the principal content was "perfectly legal." REUTERS

Business

Signs of new life in green energy sector

Canada's alternative energy sector is showing signs of a budding recovery, as companies resurrect financing deals and public offerings that withered with the recession, but the revival remains fragile.

In recent weeks, companies ranging from water treatment firm GLV Inc. to green building products maker Genesis Worldwide Inc have raised millions of dollars in share and debenture offerings.

Geothermal firm Magma Energy Corp. just raised $100 million in a warmly received initial public offering and electric car maker Zenn Motor Co. Inc. has filed a preliminary prospectus to sell shares.

"It's the first green shoots appearing in the green energy area."
Duncan Stewart

"It's the first green shoots appearing in the green energy area," said Duncan Stewart, analyst at DSAM Consulting.

The activity marks a thaw from the investment freeze that slammed cleantech firms when the credit crisis took hold.

As of May 31, four such companies had completed public offerings in 2009, bringing sector listings to 117 on the Toronto exchanges. REUTERS

From the periodic table to your TV: 10 unusual metals

SCIENCE 10 unusual metals used frequently in day-to-day electronics:

NEODYMIUM — Helps make the magnets that control the miniature hard drives in portable MP3 players.

EUROPIUM — Used to add red hues to computer monitors and light bulbs.

TERBIUM — Makes the green hue in computers and plasma televisions.

YTTRIUM — Used mainly in the colour phosphors in flat screen televisions and cellphones.

INDIUM and TIN — Used for the thin film coating in flat panel TVs, LCD monitors and solar panels.

DYSPROSIUM, SAMARIUM and TERBIUM — These silvery-white metals are used to make iPods as well as speakers, headphones or buds driven by tiny neo-magnets.

GALLIUM — Improves the efficiency of computer chips; also used to make wristwatches. TORSTAR NEWS SERVICE

Tim Hortons to become a Canada-based company

COFFEE Tim Hortons Inc., the coffee chain with an image as Canadian as hockey and maple syrup, said yesterday it plans to register as a Canadian company.

The company said it has filed a plan with the U.S. Securities and Exchange Commission to become a subsidiary of a firm incorporated in Canada. Tim Hortons is currently the subsidiary of a U.S. firm, after being spun off by former owner Wendy's International in 2006.

The company has the fact that it has 2,930 outlets in Canada and 527 in the U.S. CBC NEWS ONLINE

Business in brief

REPORT Businesses' reluctance to invest and diminishing household wealth will dampen spending, dragging down the overall economy, the Bank for International Settlements said. "Such declines in household wealth, particularly housing assets, are likely to constrain consumption for some time." the BIS said in its annual report published yesterday. REUTERS

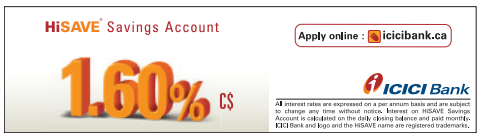
Interest rates/Savings accounts
METRO NEWS SERVICES

BMO	CIBC	HSBC	ICICI	ING	PCF	RBC	SBIC	Scotia	TD
1.0%	0.75%	1.05%	1.6%	1.35%	0.75%	0.75%	1.6%	1.0%	0.75%

Note: Please check bank websites as some rates require a minimum account balance.

Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA



To save, just stay put

The 'secret' to financial success is a no-brainer

People often ask me for my secret to financial success. Some ideas come to mind: A hot market tip, a lottery win or a massive inheritance.

Dream on! If there is a single secret it is this — buy a home and stay there.

But I am seeing a trend towards the short-term home purchase — the plan being to stay for a couple of years, turn a profit and move up. Wrongo!

Alison's Money Rule:

- The real secret to financial success, a secure future and a debt-free retirement lies in the roof over your head.

Obviously, some are forced to relocate for employment or other reasons, but moving as a choice is a big impediment to the goal of a mortgage-free home, preferably within 25 years of purchase.

Let's just talk about the cost of moving. It is incredibly expensive to bid your nest adieu and move to a new one.

From real estate and legal fees to decorating, repairing or updating both the sale home and the new one, the money mounts up. Then there are moving costs, GST on new homes, utility hookups and, increasingly, land transfer taxes.

Depending on the cost and the condition of both houses, moving within a city can total $15,000 to $35,000 and more.

Typically, purchase costs get added to the mortgage so it's easy to minimize the sum in your mind.

Frequently lenders encourage buyers to apply for a home equity line of credit to pay for the "soft" costs of redecorating and purchasing new appliances.

And often home buyers extend their amortization in order to keep monthly payments the same.

Such a strategy may make you feel more comfortable but the real result is reduced equity in the home, more interest paid over the amortization period and a longer road to reach the mortgage-free dream.

Try to think about a home as you would a lifetime mate.

Falling in love for life, whether with a house or a human, pays off financially and emotionally over time. Even if you must wait to buy that "for-life" home, staying put is the secret to financial success.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

Obviously some are forced to relocate for employment or other reasons, but moving as a choice is a big impediment to the goal of a mortgage-free home, preferably within 25 years of purchase.

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First pick perhaps most important

STUDENTS There are many ways to choose your first credit card. You could, for example, compare the interest rates, rewards and fees for each card available to you, or you could simply walk around campus and sign up for the credit card that's offering the nicest free beach towel or gym bag. Let's assume you're going with the former rather than the latter.

The primary purpose of your first credit card should be building your credit history. If you have a good credit history, it will be easier to get better terms on a loan later in life. Ryan McKegney of Canadian consumer information site, RedFlagDeals.com, says: "Ideally, your first credit card should only be used for occasional or emergency purchases. If you aren't carrying a balance on the card, the interest rate is less important than the fees charged and the rewards it offers."

Many student credit cards charge no annual fee and offer student tailored rewards like cellphone insurance if your phone is lost or stolen.

It's important to compare all of the cards available to you (and you can do that in the RedFlagDeals.com Credit Cards section.) Credit card companies are actively looking for new customers, so don't assume that your existing bank is offering you the best deal. Choosing your first credit card isn't as big a decision as which university to attend, but your credit history will follow you around just as long as your university transcript.

NEWS CANADA

Students should definitely step carefully when selecting their first credit card — the history will follow you for a long time.

Investing
Allan Small
You should be looking for good growth investments — many exist today. Visit metronews.ca/investing

Why some people don't aim for high-efficiency

So, why do some homeowners opt for a mid-efficiency furnace? It uses the chimney to vent gases. A high-efficiency furnace doesn't use the chimney. Venting can be an issue if you live in a compact house in a densely packed urban area. TORSTAR NEWS SERVICE

Cash in on rebates, grants to replace old furnaces

Replacing a furnace is costly, ranging from $3,000 to $5,000 installed.

You can wait for an older furnace to reach the end of its life, which happens (on average) between 18 and 22 years. Or you can replace it before a breakdown to enjoy a variety of rebates, grants and tax credits that subsidize the cost. Who knows if a helping hand will still be around by the time your furnace breathes its last?

Here are some subsidies for furnace upgrades:

- Up to $1,250 in federal and provincial rebates under the ecoEnergy retrofit program.

You have to get a home energy audit and do the work within 18 months, followed by a second energy audit.

- A $100 rebate from Enbridge Gas for a high-efficiency natural gas furnace, installed by Nov. 30, which carries the Energy Star mark.
- A 15 per cent tax credit on home renovation spending from $1,000 to $10,000, incurred by Feb. 1, 2010.

New federal rules will come into effect next year to stop the sale of mid-efficiency furnaces manufactured after Dec. 31.

A mid-efficiency furnace burns about 80 per cent of the gas you pay for. It's better than a conventional gas furnace, which is 60 per cent efficient.

But with a new high-efficiency furnace, you can keep 90 to 97 per cent of the fuel inside your home.

You can also get up to $500 in federal and provincial rebates for upgrading central air conditioning under the ecoEnergy retrofit program.

TORSTAR NEWS SERVICE

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Comment

Something to celebrate

NationalReport
Lawrence Martin

metronews.ca/nationalreport

With all the problems on this continent, what a nice diversion it is on Canada Day and the Fourth of July to have Iran to kick around.

Instead of the recession, the collapse of the auto sector, the wreckage in corporate America, we feast on the question of who won the Iranian election.

This type of digression is much in keeping with the Americans' way. They focus on a country with larger problems than their own and portray that country as representing danger at the door. It's called threat inflation. George W. Bush did it with Iraq. Created a bogus threat, started a major war. Bill Clinton bombed Baghdad in the very week he faced impeachment hearings over a sex scandal. Ronald Reagan took out Grenada when he faced a crisis. Lyndon Johnson hugely overstated the domino theory to promote the war in Vietnam. Before him there was the ludicrous concoction known as McCarthyism.

In Iran, we don't know who won the election. There is little doubt there was much voter fraud, but advance polls had Mahmoud Ahmadinejad far in front. He may well have won despite the fraud. But who can blame the opposition, urged on by surging support from abroad, from taking to the streets to challenge the verdict. The Mir Hossein Mousavi-led opposition, by the way, has a nuclear policy similar to Ahmadinejad's. But that is seldom mentioned.

"The world is more important than our own backyard and we now have a world leader who is fair-minded and enlightened."

The difference this time, and for this we in Canada can be grateful — is there is a cool head in the White House. Barack Obama operates from a global perspective instead of the narrow nationalist one of his predecessor. He recognizes the historic offences perpetrated against Iran by Western powers, one example being the CIA-sponsored overthrow of the Iranian government in 1953. He speaks out against the clampdown against democratic rights in Tehran, as he should, but his overall thrust is to mend fences with the Islamic world as opposed to driving wedges. His approach is like Mikhail Gorbachev's was with the West in ending the Cold War.

From the Canadian perspective it has been a tough year. The recession will dampen Canada Day celebrations. But there is the larger picture to look at. The world is more important than our own backyard and we now have a world leader who is fair-minded and enlightened. He's a multilateralist, not a unilateralist. He favours conciliation over confrontation. He pursues a national health-care system and nuclear disarmament. He is standing up to climate change deniers.

He is, in sum, a president who is steeped in traditional moderate Canadian values. On the American national holiday and on our own, it is something to celebrate.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

MICHAEL DE ADDER

Worth mentioning

'Dry' cleaning takes on a whole new meaning

Who says you need water to get out that pesky stain?

Instead, try thousands of tiny nylon polymer beads, a little bit of laundry detergent and just a touch of water, says a new British company called Xeros.

The company will start selling "virtually waterless" laundry technology to retail dry cleaners in the U.K. and North America, including Canada, as early as next year.

It's all but magic. Environmentally efficient magic. In places where water is scarce, the new energy-efficient technology could save business owners a lot of money, said Robert Kuenzlen, president of GreenEarth Cleaning Canada, which has teamed up with Xeros to launch the product.

90 Used in a special washing machine on a 30-minute cycle, thousands of tiny nylon polymer beads pull stains and detergent away from the clothes. The technology uses 90 per cent less water than a regular machine, and also less detergent.

When the magic little beads have exhausted themselves — after an estimated 500 washes — they can be reprocessed and reused.

And they stop dirt and soap from funnelling down the drain.

"In a typical laundry, whether it's at your home or at a dry cleaner's establishment, everything that you wash out of the clothes basically goes down the drain for the municipality to deal with," Kuenzlen said. TORSTAR NEWS SERVICE

Word on the street: What does it mean to be Canadian?

Zahra Jimale
age 31, Vancouver
A: I'm not one ethnicity. I've got lots of ethnicities within me so when people ask me what are you or who are you, saying Canadian defines all of that.

Sukh Toor
age 27, Vancouver
A: Being very friendly is Canadian. Saying "yes sir" or "yes ma'am" is Canadian. Stopping to give directions is Canadian.

Seethie Toor
age 28, Vancouver
A: Drinking Molson Canadian beer means you're Canadian. That's why we know that we're Canadian.

Bjorn Carr
age 28, Halifax
A: The acceptance of every different culture. People are very involved in society and helping people with disabilities.

Danielle Miller
age 20, Winnipeg
A: I'm happy to live in a place that works to keep culture alive ... that comes together in this country's mosaic.

Bob McDonald
age 40, Calgary
A: We are surrounded by people of all races, walks of life and incomes and we manage to get along.

Metro Online Poll Results

46% SAID YES

Do you think the threat of influenza A (H1N1), also known as swine flu, is being underplayed?

Weigh in on today's question at metronews.ca

54% SAID NO

Tell us your views by email to vancouverletters@metronews.ca or comment on metronews.ca or on Twitter @vancouvermetro
Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

Injury threatens Yao's career

The hairline fracture in Houston Rockets centre Yao Ming's left foot could keep him sidelined next season and may be career-threatening, a newspaper reported. METRO NEWS SERVICES

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Sports

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

'An incredible day'

Stage 2 of race leaves cyclists awestruck

BETH CROWTHER
for Metro Vancouver

DAVE SILVER PHOTOGRAPHY

Bikers race along a sculpted cedar bridge during Day 2 of the B.C. Bike race.

Nanaimo's ferry terminal launched a vessel of a different kind yesterday — the gigantic B.C. Bike Race inflatable arch that towered above the loading docks. Stage 2 began here when almost 400 cyclists walked off the ferry from Horseshoe Bay, hopped on their mountain bikes and powered through the arch to start their 70 kilometre race.

Local mountain bike enthusiasts maintain the extensive trail networks racers travelled between Nanaimo and Parksville — their Day 2 destination.

"This is a dream come true!" shouted one racer as he rolled the length of a sculpted cedar bridge midcourse. The undulating trails were a hit, though they took their toll on racers.

Now two days into the seven-day single-track event, riders were looking weary as they crossed the oceanside finish in Parksville. Race leaders completed in the 3.5-hour range and raved about the hand-built track that made up huge portions of their ride.

The day's last rider, a solo female, crossed the finish line after almost 8 hours on course — more than double the time of the fastest riders. When Mandy arrived to the applause of race staff the daily awards had already wrapped up. But there was no bigger smile at the finish on Day 2.

"I just learned to mountain bike last year and I made the final cut off by, like, two seconds!" beamed the Vancouver local.

"That was so awesome! What an incredible day!"

Sometimes the biggest reward in a race isn't found on the podium.

Day 3 picks up in Cumberland for another 60 kilometres of racing.

Murray wins a thriller under new roof

WIMBLEDON A new layer of mystique was added to Wimbledon's unique charm yesterday when Andy Murray survived a five-set sweat-fest against Stanislas Wawrinka under Centre Court's new roof and long after darkness had descended.

Murray's late night drama trumped a dazzling day which saw five-times champion Federer, women's holder Venus Williams and sister Serena ease into the last eight.

Second seed Serena, beaten in last year's final by Venus, thrashed Slovakia's Daniela Hantuchova 6-3 6-1 while Venus was required to play just eight games to get past sobbing Serb Ana Ivanovic, who quit with a thigh injury after little more than half an hour on Court One.

Federer began the Centre Court programme with temperatures soaring to 31 degrees Celsius but retained his customary cool to beat Sweden's Robin Soderling, the man he overcome to claim a French Open title this month. REUTERS

Nestor advances

- In men's doubles action yesterday, Toronto's Daniel Nestor and Serbian partner Nenad Zimonjic eliminated Jonathan Marray and Jamie Delado of Britain to advance to the quarter-finals against Lukasz Kubot and Oliver Marach.

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dress shirts! $10.00 Now!
hawaiian shirts! $10.00 Now!
shirt & tie set! $20.00 Now!
mecca plaid shorts! 2 FOR $30
executive suits! $99.99 Now!
FORBoys @ 50% off!
cotton t's! $5.99 Now!
athletic tops & shorts! $10.00 Now!
cotton shorts! $10.00 Now!
cotton polos! $10.00 Now!
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Grey Cup leaders

The Toronto Argonauts were founded in 1873 and are one of the oldest professional sports franchises in North America. The team has won 15 Grey Cups in its history, the most of any team. B.C. is seventh among active teams with five championships in nine Grey Cup appearances. METRO NEWS SERVICES

CFL Preview

History

The Canadian Football League was officially founded in 1958, but can trace its roots to the 1860s when rugby football started being played in Canada.

METRO NEWS SERVICES

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Saskatchewan Roughriders

LAST SEASON 12-6.
KEY ADDITION WR Jason Clermont.
SIGNIFICANT LOSSES LB Kitwana Jones, LB Maurice Lloyd.
THE BOTTOM LINE The Roughriders started 6-0 last season after winning the 2007 Grey Cup, but injuries and rotating quarterbacks eventually caught up with them. With a couple of key linebackers gone, they'll look to bounce back.
THE BIG QUESTION QB Dariun Durant is stepping into the spotlight as a starter for the first time in his CFL career. Will he give the Roughriders the stability they need?

Edmonton Eskimos

LAST SEASON 10-8
KEY ADDITIONS RB Jesse Lumsden, LB Maurice Lloyd, DE Kitwana Jones, head coach Richie Hall.
SIGNIFICANT LOSSES WR Jason Tucker, WR Kelly Campbell, DB Shannon Garrett, DE Fred Perry.
THE BOTTOM LINE What the Eskimos need more than anything is to establish a running game after trailing the CFL in 2008 with an averaging of 82.5 yards per game.
THE BIG QUESTION How will an offensive line that will begin the season without retired Dan Comiskey and injured centre John Comiskey hold up in front of Ricky Ray, Jason Maas and Lumsden?

Montreal Alouettes

LAST SEASON 11-7.
KEY ADDITION DB Stanford Samuels.
SIGNIFICANT LOSSES OL Luke Fritz, LB Reggie Hunt.
THE BOTTOM LINE The Alouettes have been a dominant regular-season force and have advanced to six Grey Cups in the past nine seasons. But they've only won once. A healthy RB Avon Cobourne could help put them back on top.
THE BIG QUESTION The team's veteran stars — notably QB Anthony Calvillo and WR Ben Cahoon — are in the twilight of their careers. Do they have enough left to get back to the Grey Cup?

Winnipeg Blue Bombers

LAST SEASON 8-10.
KEY ADDITIONS QB Stefan LeFors, DE Fred Perry.
SIGNIFICANT LOSSES SB Milt Stegall, QB Kevin Glenn, OL Alex Gauthier.
THE BOTTOM LINE New head coach Mike Kelly has overhauled the roster, making more than 30 significant changes, including the acquisition of Eskimos third-string QB Stefan LeFors to replace the released Kevin Glenn.
THE BIG QUESTION With so many new faces, the Bombers may need some time to find their way. How long will it take for Kelly and Co. to carve out their identity?

Toronto Argonauts

LAST SEASON 4-14.
KEY ADDITION OL Rob Murphy.
SIGNIFICANT LOSS DB Byron Parker.
THE BOTTOM LINE It shouldn't get much worse for the Argonauts, who are coming off a dismal campaign. Head coach Bart Andrus, new to the CFL but with an extensive NFL and NFL Europe background, will look to right the ship.
THE BIG QUESTION Can veteran QB Kerry Joseph get back to the game-changing form he showed in 2007, when he was named CFL most outstanding player?

Hamilton Tiger-Cats

LAST SEASON 3-15.
KEY ADDITIONS QB Kevin Glenn, OL Dan Goodspeed, OL Alex Gauthier.
SIGNIFICANT LOSSES RB Jesse Lumsden, QB Casey Printers.
THE BOTTOM LINE The Ticats have a new look after finishing last for four straight seasons. QB Quinton Porter oozes potential and he'll need to fulfil it if the Ticats are to claw their way out of the basement.
THE BIG QUESTION With former Indianapolis Colts RB Kenton Keith out indefinitely with a knee injury, will Hamilton have the running game to succeed?

METRO CANADA

No lack of depth at QB

Lions break camp with four pivots on roster to guard against injury

KARL YU
for Metro Vancouver

If you thought three was a crowd, you should see the logjam in the Lion's den.

While Buck Pierce and Jarious Jackson split duties at QB last season, there will be a lot more guys holding clipboards when the B.C. Lions open in Saskatchewan on Friday.

Buck Pierce claimed the No. 1 spot last season and was solid, with 3,010 yards passing, 19 passing touchdowns and nine interceptions, but suffered a number of injuries, including one to his shoulder.

Jarious Jackson threw for 2,164 yards, 17 TDs and 10 INTs in relief.

Still, GM and head coach Wally Buono decided to add some QB insurance, with returning starter Pierce, Jackson, Zac Champion and Travis Lulay all on the roster.

Buono liked what the four brought to the table.

"I think what they give is depth and stability and we feel we have good people in those positions; an injury or two can cripple your football club," Buono said at the end of the Lions' practice last Friday in Surrey.

"Hopefully having the quality of quarterback and the depth there will help keep this franchise strong."

KARL YU/FOR METRO VANCOUVER

B.C. Lions starting QB Buck Pierce takes a breather in between reps at the team's training facility in Surrey. Pierce will be backed up this season by Jarious Jackson, Zac Champion and Travis Lulay.

With a lot of familiar faces entering last season, the B.C. Lions finished third in the West, with a record of 11-7, and lost to eventual Grey Cup champion Calgary in the Western final.

Adjustments needed to be made and, on top of that, the Lions lost some key players, including running back Stefan Logan and defensive lineman Cam Wake, named 2008's outstanding defensive player, who are seeking their fortunes stateside.

Of all the losses, Wake's hurts most as he led the league with 23 sacks, which won't be easily replaced.

Buono says that the team will use the committee approach.

"(Gary) Butler and (Ricky) Foley have done a good job (on the D-line). They're guys that are on the job learning," said the coach.

"They do their part and hopefully the interior guys, (Aaron) Hunt, (Jeremy) Gibbs, (Brent) Johnson and (Nautyn) McKay-Loescher give us enough of a pass rush that Wake's production won't be missed."

The Lions have their home opener on July 10 against Hamilton.

Also, there is a hole at RB and Martell Mallett could be a factor.

"The thing I like about (Mallett) is that he's a big back, he's almost 210 pounds, he's physical, he runs hard, he's got very good speed and he's improving."

"Hopefully we haven't seen the best of him yet."

Stamps start season as Grey Cup favourites

DAN TOTH
for Metro Canada

The Calgary Stampeders proved they were the thoroughbreds of the Canadian Football League last year, capping a sensational 13-5 regular season with their first Grey Cup title since 2001. Now it seems the Stamps have the inside track to become the first CFL team since the 1997 Toronto Argos to successfully defend their title.

The key piece of the puzzle is quarterback Henry Burris, the Grey Cup MVP who has signed a four-year contract extension to stay in Calgary through 2012.

"Henry has proven that he's an elite quarterback in this league and a vital part of our football team," said head coach/general manager John Hufnagel. "We're ecstatic to know he'll be here for years to come."

Burris, 34, last season set career highs in passing yards (5,094), touchdown passes (39), completion percentage (64.5) and quarterback rating (103.8) while establishing his position as the CFL's top passer.

"This is the only team I can imagine playing for and I love the direction we're heading," said Burris. "I look forward to building on 2008. We all have great ambitions for the future."

The immediate future could include another Grey Cup ring. The Stampeders have 19 of their 24 starters from last November's championship game back on the roster as they prepare to kickoff the 2009 CFL season. They open their schedule by hosting a Grey Cup rematch against the Montreal Alouettes tomorrow at McMahon Stadium.

The problem is Calgary has been ravaged by injuries during training camp and could enter the season without defensive backs J.R. Ruffin and Brandon Smith in addition to playing without receivers Ken-Yon Rambo, Ryan Thelwell and Jabari Arthur. Offensive linemen Jeff Pilon and Jesse Newman also have nagging injuries.

The Stamps host the 2009 Grey Cup game Nov. 29 and are challenging to be the first team since the 1994 B.C. Lions to capture the CFL title at home. Entering the season as favourites to play in the hometown Grey Cup comes with its own challenges, but the players are dismissing the pressure.

"The fact that we won last year means we're focused on the R-word (repeat) but every year your goal is to win the championship," said Randy Chevrier.

"Nobody comes into the season saying this year we're playing for second place. Every year it's the same motivation. The game's there and that's our goal, but that's everybody's goal."

Grey Cup trivia

In 1909, Earl Grey, Governor General of Canada, donated the Grey Cup for the Rugby Football Championship of Canada. The Grey Cup championship game was first televised nationally in 1957. The trophy, along with the NHL's Stanley Cup, is one of the few in professional sports to be reissued each year instead of replaced. METRO NEWS SERVICES

CFL Preview

RENE JOHNSTON/TORSTAR NEWS SERVICE

CFL commissioner Mark Cohon is pleased the league's attendance and TV viewer numbers are up. He's also got his sights set on the eastern half of the country, working to get a team established in Ottawa and a regular-season game played in Moncton.

'CFL is Canada's league'

League commissioner Mark Cohon working to grow game coast to coast

MATTHEW WUEST
Metro Canada

"We're looking forward to 2009. We think we're going to have a good year."
CFL commissioner Mark Cohon

Halifax appears to be all but forgotten — at least for now — in the eyes of CFL commissioner Mark Cohon.

"If we have a (regular-season) game in Moncton, we'd like to see a lot of fans from Halifax make the drive," was all Cohon would say when asked where the city fits into his plans.

Moncton has effectively shouldered Halifax out of the equation in the race to become the CFL's Atlantic expansion team and could host a regular-season game in September 2010.

A new 10,000-seat stadium — expandable to 20,000 with temporary seating — being built in Moncton for the 2010 world junior track and field championships has the New Brunswick city in the driver's seat. Halifax's inaction on the same front has Nova Scotia fading in the rearview mirror.

"I've had this conversation with many people," Cohon said. "Because there is no stadium in Halifax, it makes it very difficult for the league to consider big events there."

Exploring the market in Moncton and getting a team back to Ottawa are Cohon's biggest priorities.

He said he is "working diligently" on getting a regular-season game in Moncton. Meanwhile, the ownership group of a conditional franchise in Ottawa is "making progress" in its effort to negotiate a stadium agreement with the city.

"If that comes to fruition, we're probably looking at the Ottawa team getting back into the market in 2012," Cohon said. "While hockey is Canada's game, I think the CFL is Canada's league, and we want to be in the nation's capital."

Cohon said the league faces a challenge to succeed in the face of an economic downturn, particularly in Ontario, but boasted about a number of positives for the league.

Six of eight teams broke even or turned a profit in 2008; attendance is higher than it's been in 25 years; and television ratings on TSN were up 15 per cent in 2008.

"Those two benchmarks (TV ratings and ticket sales) that are so important for the league and so critical to the success of the league have been strong," he said. "We're looking forward to 2009. We think we're going to have a good year."

Fate of Ottawa team rests in politicians' hands

MIKE BEASLEY
for Metro Canada

"We're making good progress ... But the deal has to be beneficial to both sides."
Roger Greenberg, team investor

If you're looking to read about any updates regarding the progress of Ottawa's CFL franchise check out the local news section of the city's newspapers before flipping to the sports pages.

The whole question of whether a team will ever hit the field is in the hands of the City of Ottawa and its municipal politicians.

Frank Clair Stadium and Landsdowne Park, the proposed home of the new franchise, are at the root of a debate between city council and four Ottawa businessman who have led the charge to get the CFL back in the city.

On March 25, 2008, four local investors, led by Ottawa 67's owner Jeff Hunt, were awarded a conditional franchise after paying a $7-million fee to bring the CFL back to eastern Ontario.

The team would play at a redeveloped Frank Clair Stadium as part of a proposed overhaul of the property called Landsdowne Live as submitted by Hunt and his team.

When the conditional franchise was awarded, league commissioner Mark Cohon stated the next step in the process was ensuring Ottawa had the "right facility" to accommodate a CFL team.

The deal will only move forward if an agreement with the city is struck to build an appropriate stadium. That's where things stand now.

Now, after months of discussions and town hall meetings debating the pros and cons of redeveloping Landsdowne Park, a pivotal presentation at Ottawa City Hall on Aug. 26 may determine the future of the team.

"We're making good progress with city staff to reach an agreement in principle that we hope meets the concerns and exceeds the expectations of council and the public at large. But the deal has to be beneficial to both sides for it to work," said team investor Roger Greenberg.

With the city's approval, it will be first down and goal to go.

Without it, the CFL may never run another play in Ottawa.

2009 SEASON SCHEDULE

PRESEASON

WEEK 1
WEDNESDAY, JUNE 17
Calgary 37 **B.C.** 30
Winnipeg 32 Hamilton 22
Montreal 37 Toronto 24
Edmonton 45 Saskatchewan 12

WEEK 2
TUESDAY, JUNE 23
Calgary 27 Saskatchewan 19
Edmonton 31 **B.C.** 19
Toronto 27 Hamilton 17
Montreal 31 Winnipeg 27

REGULAR SEASON

WEEK 1
WEDNESDAY, JULY 1
Toronto at Hamilton
Montreal at Calgary

THURSDAY, JULY 2
Winnipeg at Edmonton

FRIDAY, JULY 3
B.C. at Saskatchewan

WEEK 2
THURSDAY, JULY 9
Edmonton at Montreal

FRIDAY, JULY 10
Calgary at Winnipeg
Hamilton at **B.C.**

SATURDAY, JULY 11
Saskatchewan at Toronto

WEEK 3
THURSDAY, JULY 16
B.C. at Edmonton

FRIDAY, JULY 17
Toronto at Calgary

SATURDAY, JULY 18
Montreal at Saskatchewan
Winnipeg at Hamilton

WEEK 4
THURSDAY, JULY 23
Hamilton at Montreal

FRIDAY, JULY 24
Toronto at Winnipeg
Calgary at **B.C.**

SATURDAY, JULY 25
Edmonton at Saskatchewan

WEEK 5
THURSDAY, JULY 30
Montreal at Edmonton

FRIDAY, JULY 31
B.C. at Hamilton

SATURDAY, AUG. 1
Winnipeg at Toronto
Saskatchewan at Calgary

WEEK 6
FRIDAY, AUG. 7
Toronto at Montreal
Saskatchewan at **B.C.**

SATURDAY, AUG. 8
Edmonton at Hamilton
Winnipeg at Calgary

WEEK 7
THURSDAY, AUG. 13
Calgary at Edmonton

FRIDAY, AUG. 14
B.C. at Toronto

SATURDAY, AUG. 15
Montreal at Winnipeg

SUNDAY, AUG. 16
Hamilton at Saskatchewan

WEEK 8
FRIDAY, AUG. 21
Saskatchewan at Montreal
Winnipeg at **B.C.**

WEEK 9
THURSDAY, AUG. 27
Hamilton at Edmonton

FRIDAY, AUG. 28
Calgary at Toronto

WEEK 10
FRIDAY, SEPT. 4
Montreal at **B.C.**

SUNDAY, SEPT. 6
Winnipeg at Saskatchewan

MONDAY, SEPT. 7
Toronto at Hamilton
Edmonton at Calgary

WEEK 11
FRIDAY, SEPT. 11
Hamilton at Toronto
Calgary at Edmonton

SUNDAY, SEPT. 13
B.C. at Montreal
Saskatchewan at Winnipeg

WEEK 12
FRIDAY, SEPT. 18
Calgary at Hamilton

SATURDAY, SEPT. 19
Toronto at **B.C.**

SUNDAY, SEPT. 20
Winnipeg at Montreal
Edmonton at Saskatchewan

WEEK 13
FRIDAY, SEPT. 25
Montreal at Hamilton
B.C. at Calgary

SATURDAY, SEPT. 26
Saskatchewan at Edmonton
Toronto at Winnipeg

WEEK 14
FRIDAY, OCT. 2
Edmonton at Winnipeg
Saskatchewan at **B.C.**

SATURDAY, OCT. 3
Montreal at Toronto
Hamilton at Calgary

WEEK 15
FRIDAY, OCT. 9
B.C. at Edmonton

SATURDAY, OCT. 10
Toronto at Saskatchewan

MONDAY, OCT. 12
Calgary at Montreal
Winnipeg at Hamilton

WEEK 16
FRIDAY, OCT. 16
Edmonton at Toronto

SATURDAY, OCT. 17
Saskatchewan at Calgary

SUNDAY, OCT. 18
Hamilton at Montreal
B.C. at Winnipeg

WEEK 17
FRIDAY, OCT. 23
Hamilton at Toronto
Edmonton at Calgary

SATURDAY, OCT. 24
Montreal at Winnipeg
B.C. at Saskatchewan

WEEK 18
FRIDAY, OCT. 30
Toronto at Edmonton

SATURDAY, OCT. 31
Saskatchewan at Hamilton
Calgary at **B.C.**

SUNDAY, NOV. 1
Winnipeg at Montreal

WEEK 19
FRIDAY, NOV. 6
Edmonton at **B.C.**

SATURDAY, NOV. 7
Montreal at Toronto
Calgary at Saskatchewan

SUNDAY, NOV. 8
Hamilton at Winnipeg

***End of Regular Season**

PLAYOFFS

DIVISION SEMIFINALS
SUNDAY, NOV. 15
EAST
Third at Second Places
WEST
Third at Second Places

DIVISION FINALS
SUNDAY, NOV. 22
EAST
Semifinal Winner at First Place
WEST
Semifinal Winner at First Place

97TH GREY CUP
SUNDAY, NOV. 29
AT CALGARY
East vs. West Champions

Lexus RX 450h now in Canada
The all-new 2010 Lexus RX 450h is now available across Canada at a manufacturer's suggested starting price of $58,900. METRO NEWS SERVICES

Metro Drive

Record car wash
On June 20, over 140 CARSTAR Collision Centres in Canada and the U.S. washed more than 6,000 cars, earning the Guinness World Record title for the largest car wash. The event also raised more than $100,000 for Canadian charities. METRO NEWS SERVICES

EDITOR: KUMAR SAHA, KUMAR.SAHA@METRONEWS.CA

A different Wrangler

Jeep gets roomier with '09 Unlimited version

ROB BIENTEMA
for Metro Canada

Before the Jeep Unlimited Unlimited's 2007 model debut, Jeep lovers looking for size options were restricted to aftermarket alterations, done by shops like the WhataJeep garages I once visited in Amarillo, Texas. Their six-door canvas-roofed, stretched limo versions and pickup conversions are still worth checking out online.

The 2009 Jeep Wrangler Unlimited, as tested here in Sahara trim level and dipped in Deep Water Blue Pearl, was designed to win over customers who always wanted a Jeep Wrangler, but who also need more space and versatility of a bigger, roomier four-door model.

Now, a few of the dedicated die-hards, with all the possessiveness that passion gives you, may have been dismayed when the company committed to making this factory-built stretched-out model. But anyone that's lived with the pitch-and-yaw of the short-wheelbase version, banged their shins and suffered leg cramps up front or tried to cram kids and cargo in back, wouldn't take long to realize that a roomier four-door can only be a blessing, while still in the guise of the bush-bashing original.

Sometimes brand romance and tradition can only go so far.

The Jeep Wrangler Unlimited stretches the latest generation JK platform by 52 cm to a 2946 mm (116") wheelbase. And, yeah, while it's bigger and wider, the four-door Unlimited still offers a best-in-class approach angle of 44.4 degrees, breakover angle of 20.8 degrees, and also a best-in-class 40.5 degree departure angle for tough trails and rock-hopping.

I find the Jeep Unlimited deceptive in size. Its boxy shape doesn't look all that much bigger from the outside but climb into the seats and it feels like the big SUV it is. With a high vantage point and utilitarian interior, the Jeep Unlimited emanates a trucky feel and flavour in everything from the engine roar to the stiff suspension, ride and handling.

This was emphasized in my as tested Sahara model by the standard manual six-speed shifter. An optional four-speed automatic is available for about a thousand bucks or so more.

2009 Jeep Wrangler Unlimited

Type: Four-door sport utility
Price: from $24,695
Engine: 3.8-litre OHV V6 (202 hp/238 lb/ft)

Highlights

- Spacious
- New colours

Under the hood, the Unlimited harnesses a 3.8-litre OHV V6 making 202 hp and 238 lb/ft of torque. It's not hard to stay within the ballpark of economy ratings of 14.1/10.8L/100 km (city/hwy).

There's enough big-six torque to skip shifts if you feel like attentively keeping the revs near the 1000 rpm mark. And a tall manual sixth gear has the motor loping at an easy 1800 rpms at highway speed.

Other changes and additions for this year's model include a drop-in bin with coin slots added to the full center console, storage nets added to lower centre stack and side of the centre console and two new colours — Sunburst Orange Pearl and the very handsome Deep Water Blue Pearl that my tester came dipped in.

This is not just a vehicle. It's a lifestyle choice, carrying forward all the traditional flavour and open-top driving style of the original.

The new Astra will debut at the Frankfurt Motor Show in September.

Photo reveals interior of new Astra

FIRST LOOK The first interior pictures of the Astra, currently sold in Canada as a Saturn, which will debut at this September's Frankfurt Motor Show, have been released.

The new Astra's interior marks a major shift towards premium design and quality in the compact sector, and continues the design evolution which started five years ago with the current Astra.

As you look at the Astra's wraparound instrument panel, which embraces both front seat occupants, the wing design is immediately visible as it arcs across the cabin into the door-top mouldings.

The dashboard has a black, grained finish with a subtly different texture to other mouldings in the cabin. Ambient lighting enhances the quality feel of the cabin, with lighting points framing the gearbox surround, and providing illumination from above the centre console and within the door handle recesses, depending on trim level.

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Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Canada the risqué

A look at how far our national sexual identity has come along

The J Spot
Josey Vogels
metronews.ca/thejspot

ADRIEN VECZAN/TORSTAR NEWS SERVICE

The 1967 Omnibus Bill had enormous impact on our country's sexual identity, it removed homosexuality from the Criminal Code.

Canada has a colourful sexual history. While Pierre Trudeau's statement that the government had no business in the bedrooms of the nation undoubtedly influenced Canadian sexual values, it was in fact the bill he was introducing at the time — the 1967 Omnibus Bill — that has probably had more impact on our national sexual identity than any piece of legislation since. This bill made birth control and abortion more available, divorce more accessible and removed homosexuality from the Criminal Code.

Less than a decade previous to this, Canada wasn't quite as sexually liberal. The D.H. Lawrence classic Lady Chatterly's Lover was considered criminally obscene at least in Quebec as late at 1959.

But a decade after the Omnibus Bill, in 1977, Quebec became the first province to include sexual orientation in its Human Rights Code. It took the Supreme Court of Canada until 1995 to rule that sexual orientation is protected under the Canadian Charter of Rights and Freedoms but the feds made up for it by becoming the fourth country in the world to legalize same-sex marriage in 2005.

And, in the same year that gay people were celebrating their legal entry into the world of heterosexual monogamy, straight married couples were celebrating their legal right to have recreational sex with someone other than their partner when, in December of 2005, swingers' club were legalized in Canada.

Our sexy rep has been solidified by people like Gwen Jacobs who took off her top on a hot day in Guelph, Ont., back in 1991, asserting she had just as much right to go topless as men. The court agreed and it became legal for women to go topless in Ontario.

Toss in our nude beaches, like Wreck Beach in Vancouver and Hanlan's Point on Toronto Island, the fact that Toronto is home to the Naked News (nakednews.com) and The History of Contraception Museum, featuring the world's biggest collection of contraceptive devices, and you've got one sexy country.

From Dildo, N.L., to Bare Butt Bay in Northern Ontario, Cuddle Lake in Manitoba to The Nipples off the coast of B.C., Happy sexy Canada Day!

ISTOCK PHOTO

Tips to zap summer zits

CELIA MILNE
For Metro Canada

SKINCARE And you thought winter was hard on your skin! Summer is tough too – hot weather and humidity can clog pores and make skin feel greasy.

Two rules to remember if you have acne: Don't pop your zits (this prolongs the healing process) and don't skip your moisturizer. Drying out your skin can stimulate more oil production.

Use a cleanser and a moisturizer that are oil-free, suggests dermatologist Dr. Jensen Yeung, director of The Psoriasis Clinic and co-director of the melanoma pigmented lesion clinic at Women's College Hospital.

Yeung likes Clean & Clear products because they have been studied extensively and formulated carefully for both teenage and adult acne.

Try Clean & Clear Deep Action Refreshing Gel Cleanser to clean your skin, and then Clean & Clear Morning Burst Shine Control Moisturizer to hydrate skin all day.

"It generally takes around four weeks to see noticeable results," says Yeung, who adds that it is important when starting a new skincare regime to follow instructions carefully. Don't use the products more often or less often than advised.

ISTOCK PHOTO

Left: Don't skip the moisturizer in the summer. Drying out skin can stimulate more oil production.

Eco-Atkins diet good for heart

FOOD A vegetarian, low-carb diet may be the best way to lose weight and boost heart health.

Researchers in Toronto tested a diet nicknamed the "Eco-Atkins diet." It is a low-calorie, low carbohydrate diet that is high in plant-based proteins. In the study, 22 overweight patients followed the diet for four weeks. They lost, on average, about 4 kg (8.8 lbs). The results were exciting because the diet also had positive effects on cardiovascular health: reduced LDL ("bad") cholesterol, improved blood pressure and fewer fats in the blood.

This is an improvement on the standard Atkins diet because it protects against the raised LDL cholesterol associated with eating meat, said author Dr. David Jenkins from St. Michael's Hospital..

CELIA MILNE/FOR METRO CANADA

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Top 5 Mortgage Brokers

Nancy Foster - The Mortgage Group
"Nancy really worked hard for us and got us through some tight situations."

Sherilene Bychek
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"Chris will go that extra mile to get the best mortgage for you."

Matt Leroy
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Gloria Borsoi
"Independant broker for residential homes. works mostly with CIBC. She's good enough for me."

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Reaper role
Reaper co-star Missy Peregrym landed the lead role on the Canadian cop drama Copper, which will air on ABC. Copper centres on Andy McNally (Peregrym), a newly minted cop fresh from the academy and the daughter of a homicide detective. REUTERS

Entertainment

Farrah's story
ABC's rebroadcast of Farrah's Story drew a larger audience than specials chronicling the life of Michael Jackson on Friday night. The Fawcett documentary drew 8.23 million viewers. STUDIOBRIEFING.NET

EDITOR: DEAN.LISK@METRONEWS.CA

Jacksons seek custody

The Los Angeles coroner's office yesterday dismissed as inaccurate a British newspaper report that said Michael Jackson was emaciated and almost bald when he died suddenly last week.

As the Jackson family clan gathered in Los Angeles to consider funeral details befitting the worldwide outpouring of affection for the King of Pop, the singer's mother filed court papers seeking custody of his three children.

Katherine Jackson asked the Los Angeles Superior court to appoint her guardian of Prince Michael, 12, Paris Katherine, 11, and Prince Michael II, 7, saying they have "no relationship with their biological mother."

The first two are Jackson's children from his ex-wife Debbie Rowe and the third from an unidentified surrogate mother. A hearing was set for Aug. 3.

Two inconclusive autopsies have been carried out on Jackson — one by the Los Angeles County Coroner's office and one by a private pathologist. Toxicology tests are expected to take several weeks.

Jackson, 50, died suddenly of cardiac arrest at his rented Los Angeles home on Thursday, just a few weeks before a planned string of 50 comeback concerts in London.

Assistant chief coroner Ed Winter said details reported in the British Sun tabloid about Jackson's condition did not come from either the private or the county autopsy.

"I don't know where that information came from, or who that information came from. It is not accurate. Some of it is totally false," Winters told reporters.

Claiming it had seen a leaked autopsy report, The Sun said Jackson was wearing a wig when he died to cover his "peach fuzz" hair, weighed only about 112 pounds (51 kg), that his hips, thighs and shoulders were riddled with needle wounds, and that his stomach was empty apart from partially dissolved pills.

Jackson admitted in 1993 that he had an addiction to painkillers, but he had recently passed a lengthy medical exam ahead of the London concerts.

Civil rights leader Al Sharpton met with the family in Los Angles yesterday to discuss a worldwide tribute to Jackson.

"I'm here to make sure Michael gets in death what he never got in life — he never got credit," Sharpton told reporters.

Joe Jackson told reporters on Sunday that funeral arrangements for the King of Pop were still being discussed but a family friend said services could take place tomorrow and the body could be buried at Jackson's famous Neverland Ranch in central California. REUTERS

GETTY IMAGES

Katherine Jackson, mother of Michael Jackson, is seeking custody of the late pop star's three children.

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Ice Age 3 uninspired

Ice Age: Dawn of the Dinosaurs

Director: Carlos Saldanha, Mike Thurmeier
Stars: Ray Romano, Queen Latifah
Classification: PG
Rating: ☸☸☸½

STEVE GOW
for Metro Canada

REVIEW The problem with Pixar (and thereby Dawn of the Dinosaurs) is that the studio behind such clever hits as Up and Wall-E has ensured all other studio attempts at animated family-fare seem juvenile and artless — Fox's Ice Age 3 included.

Sure, the return of mastodons Manny (Ray Romano), Ellie (Queen Latifah) and the rest of the prehistoric herd will appeal to many children (especially in 3-D), but beyond a mere 90-minute distraction, there's not much for the kids to take home.

Now expecting a child, Manny and Ellie discover that below the ice-covered surface lies a world where ferocious dinosaurs still roam. When John Leguizamo-voiced Sid the sloth (who attempts to mother a trio of unhatched dinosaur eggs) is carted away by the real mom, the rest of the clan set out on a search and rescue mission.

Led by Buck the swashbuckling weasel, the group treks across dangerous jungles and the Chasm of Death.

This film's high points are mostly highlighted by gags about plants barfing, dinosaur mucus and flatulence.

There's no denying the production values; the animation is vibrant and detailed. Plus, the success of the franchise will guarantee a following; but this third journey is ordinary, uninspired and about as progressive as the ice age itself. In the film's own vernacular, that which is full of gas travels at the back of the pack.

• For Ice Age: Dawn of the Dinosaurs photos, a trailer and screen times, or to buy tickets, visit metronews.ca/movies.

Ice Age 3 screen times

• Park Theatre: 3-D Wed 11-1-3-5-7-9 Thu 1-3-5-7-9
• Scotiabank Theatre Vancouver: 3-D Wed-Thu 11:30-11:50-2-2:20-4:30-5-7:10-7:40-9:50-10:20
• Park & Tilford: Wed-Thu 12:50-3:10-6:40; 3-D Wed-Thu 12:10-2:30-5-7:15-9:45
• Richmond Centre 6: Wed 12:20-2:40-4:55-7:15-9:35 Thu 4:55-7:15-9:35
• SilverCity Riverport: Wed-Thu 11:05-1:45-4:15-6:50-9:45; 3-D Wed-Thu 11:45-2:15-4:45-7:25-10:15
• Dolphin Cinemas: Wed-Thu 1-3-5-7-9
• SilverCity Metropolis: 3-D Wed-Thu 11:45-2:15-4:45-7:20-9:45
• SilverCity Coquitlam: Wed-Thu 11:30-2-4:30-6:50-9:20; 3-D Wed-Thu 12-2:30-5-7:30-9:55
• Clova: Wed-Thu 1:30-3:30-7
• Strawberry Hill Grande: 3-D Wed-Thu 12:05-2:30-5-7:30-9:55
• Studio 12 Guildford: Wed 1:15-4-7:30-10 Thu 4-7:30-10 Wed 12:30-3-6:30-9 Thu 12:30-3-6:30-9
• Criterion 4 White Rock: Wed-Thu 2:30-7-9
• Colossus Langley: Wed-Thu 12:50-4:10-6:55-9:30; 3-D Wed-Thu 12-2:30-5-7:30-10
• Times are subject to change. Complete listings available at metronews.ca/movies.

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Emma Watson grows up
Emma Watson has left her schoolgirl image firmly behind in favour of a punky new look. The Harry Potter star appears on the cover if the latest Elle magazine looking like a sexy rock chick. METRO NEWS SERVICES

A cops-and-robbers classic

Public Enemies

Director: Michael Mann
Stars: Johnny Depp, Christian Bale
Classification: 14A
Rating: ★★★½

CHRIS ALEXANDER
for Metro Canada

Johnny Depp plays Depression-era American gangster John Dillinger in Public Enemies.

There are many reasons to take in the massive pulp gangster epic Public Enemies, and no doubt, the chief feature the studio is banking on to pull in the pundits is the presence of poster boy Johnny Depp.

But in the grand tapestry of it all, Depp's admittedly charismatic performance isn't the most resonant element in director Michael Mann's ultra-stylized, retro shoot 'em up.

The beloved big screen sex symbol stars as real life 1930's American outlaw John Dillinger, who, like the equally loathed/loved Bonnie and Clyde, forged his name robbing banks during the Great Depression, amassing more press than any movie star dared even dreamed of achieving in the process.

His glamorous rampage is dogged by rock jawed FBI agent Melvin Purvis (a typically engaging Christian Bale) and much macho confrontation and blood spattered gun battles ensue.

Narrative drive isn't the focus of Mann's hypnotic crime opera, rather, like his classic and influential 1995 crime drama masterpiece Heat, the accent is on tone, atmosphere, texture and fetishizing violence to the point of lyricism.

When men point Tommy guns at each other and bullets meet bone in a Mann film, it's as ferocious and primal as it is jarringly beautiful.

And while Depp is never anything less than entertaining as Dillinger, he's basically just being Depp in fancy-lad clothing — likeable and visually striking as always but cartoonish and never really revealing the emotional arc that the character truly requires to make him flesh and blood. Better still is Bale, who excels in a smaller, less showy but more controlled role and gorgeous French actress Marion Cotillard (La Vie en Rose) who adds weight in a complex turn as Dillinger's moll. Better than any of them however, is British actor Stephen Graham (Inkheart) who, as psychotic Dillinger accomplice Baby Face Nelson, steals every scene he's in.

Public Enemies is a towering piece of work, as much a love letter to vintage Warner Bros. gangster melodramas as it is an extension of the shadowy good vs. evil urban jungle Mann began observing in the original Miami Vice. In other words, an instant cops-and-robbers classic.

• For Public Enemies photos, a trailer and screen times, or to buy tickets), visit metronews.ca/movies.

Public Enemies screen times

• **Scotiabank Theatre Vancouver:** Wed-Thu 12:30-4-7:30-10:50
• **Park & Tilford:** Wed-Thu 12:20-3:20-6:50-10
• **Richmond Centre 6:** Wed 12:35-3:45-7:05-10:05 Thu 3:45-7:05-10:05
• **SilverCity Riverport:** Wed-Thu 11:15-12:30-2:30-3:45-6:45-7:25-10:10-10:40
• **SilverCity Metropolis:** Wed-Thu 11:40-3:15-7-10:40
• **SilverCity Coquitlam:** Wed-Thu 11:45-12:15-3-3:45-6:30-7:20-9:50-10:35
• **Strawberry Hill Grande:** Wed-Thu 12:40-3:40-7:15-10:40
• **Studio 12 Guildford:** Wed-Thu 12-3:30-7-10:30
• **Rialto:** Wed-Thu 7-9:40
• **Colossus Langley:** • **Rialto:** Wed-Thu 11:45-12:15-3:15-3:45-6:45-7:25-10:10-10:35

Times are subject to change. Complete listings are also available at metronews.ca/movies.

METRO NEWS SERVICES

Tranformers No. 3 film of year

BOX-OFFICE The Transformers sequel quickly became the third-biggest movie of the year at the North American box office after just five days of release, as the costly robot extravaganza surpassed industry expectations.

Transformers: Revenge of the Fallen, a follow-up to the smash hit of 2007, earned an estimated $201.2 million since it blasted into theatres Wednesday, distributor Paramount Pictures said Sunday.

Earlier in the week, the Viacom Inc-owned studio had conservatively forecast a five-day haul in the $130 million to $150 million range. But industry pundits said a tally of at least $175 million was more likely.

REUTERS

GlobalStyle
Kenya Hunt
Read Kenya exclusively at metronews.ca/globalstyle

For complete online movie listings, trailers, reviews and tickets, visit:
metronews.ca/movies

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 6/30/09	251	308	3 CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	Being Erica (CC) (DVS)		CBC News: The National (N)		(:05) The Hour
	255	358	6 JOY	E! News (N)	The Insider	Taking It Off (N) (CC)		Better Off Ted	Rocker Moms	Ruby (N)	Ruby (N)	News (N)
	254	-	8 M	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		Metropia
	250	321	9 CTV	Corner Gas	Hollywood	Canada's Next Top Model (N)		The Mentalist "Red Tide"		Law & Order: SVU		News (N)
	-	-	10 OMNI	The Daily	Frasier (CC)	Islam 101 (CC)		Poltergeist: The Legacy		Scrubs (CC)	The Search	New Day
	252	336	11 GTV	Entertainment	ET Canada	NCIS "Caged" (CC)		The Office (CC)		NCIS "Identity Crisis" (CC)		News (N)
	256	389	12 VI	The Road to Avonlea		America's Got Talent (CC)		America's Got Talent (N)		Cupid (CC)		News (N)
	253	359	13 CITY	Law & Order: SVU		Privileged (CC)		Hitched or Ditched (CC)		Make Me a Supermodel		The CityNews
	-	-	14 CW	Deal-No Deal	Deal-No Deal	90210 (CC)		Hitched or Ditched (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	NCIS "Caged" (CC)		The Mentalist "Red Tide"		(:01) 48 Hours Mystery (CC)		News (N)
	287	379	16 NBC	Evening Mag.	Inside Edition	America's Got Talent (CC)		America's Got Talent (N)		Law & Order: SVU		News (N)
	602	568	19 W	How Clean	Friends (CC)	Remedy Me	Style by Jury	Style by Jury	Style by Jury	Numb (2007) Matthew Perry, Barry W. Levy.		
	288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	The Superstars (N) (CC)			Better Off Ted	Primetime: Family Secrets (N)		KOMO 4 News
	-	-	23 KVOS	M*A*S*H	Seinfeld	How to Lose Your Lover ★★ (2004) Paul Schneider.				King	Still Standing	Scrubs (CC)
	291	383	27 PBS	Steves Europe	Fighting Fraud	Nova "Musical Minds" (N)		Nova scienceNOW		P.O.V. "Beyond Hatred" (N Subtitled-English)		
	290	382	28 FOX	Two/Half Men	Two/Half Men	Legally Blonde ★★ (2001) Reese Witherspoon, Luke Wilson.				News (N) (CC)		Family Guy
	-	364	29 PBS	Weapons	Weapons	My Hero	Summer Wine	Tavis Smiley	Charlie Rose (N) (CC)		Nova "Musical Minds"	
	296	654	34 SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	Paid Program	Family Court	Paid Program
	298	653	35 TLA	Two/Half Men	Two/Half Men	90210 (CC)		Hitched or Ditched (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	36 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Sex and-City	Friends (CC)	Friends (CC)	My Wife-Kids
	297	652	37 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Sex and-City	According-Jim	Frasier (CC)	Frasier (CC)	Odd Couple
	199	311	66 STR	News (N)	News		Late Show-Letterman		Late Late Show		Will & Grace	Seinfeld
news	502	390	63 NW	Homo Toxicus (CC)		CBC News: The National (N)		CBC News: The National		Homo Toxicus (CC)		National
	500	500	68 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	62 RSP	MLB Baseball Detroit Tigers at Oakland Athletics. (Subject to Blackout) (Live)						Sportsnet Connected (Live)		Sportsnet
	400	400	60 TSN	SportsCentre (Live) (CC)			In This Corner	Boxing Steve Molitor vs. Heriberto Ruiz. From Rama, Ont.				SportsCentre
	411	457	49 OLN	Bounty Hunter	Bounty Hunter	Departures (CC)		Survivorman (CC)		Bounty Hunter	Bounty Hunter	Departures
	410	403	24 SCR	Score Tonight		Final Score	Final Score	Final Score	Final Score	Final Score	Final Score	Final Score
	417	406	65 SC	Drag Race	Drag Race	Pimp My Ride	Pass Time	Pimp My Ride	Pimp My Ride	Super Bikes!	Super Bikes!	Drag Race
	416	409	144 GLF	Fútbol		Gol TV News	Hallo Bundesliga		Gol TV News	Paid Program	Gol TV News	Gol TV News
family	552	543	25 YTV	Survive This (CC)		Malcolm-Mid.	Futurama	Family Biz	Prank Patrol	Falcon Beach (CC)		Mystery Hnt.
	555	545	50 TEL	Jimmy Two	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Chicken	American Dad	Moral Orel
	557	541	51 FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	55 TRE	Comfy Couch	Zigby	Max & Ruby	Babar (CC)	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Gardens	Recreat. Eden	Mighty Movers (CC)		Private Life of a Masterpiece		Coma A look at an injured brain. (CC)		
	575	583	20 CMT	Hope & Faith	Hope & Faith	Cheer Moms	Cheer Moms	Home Imp.	Home Imp.	Reba (CC)	Reba (CC)	Hope & Faith
	570	580	42 MM	Video on Trial	disBand	One Tree Hill (CC)		Greek "Freshman Daze"		MuchVibe		Spotlight
	600	564	43 H&G	House	House	Holmes on Homes (CC)		SarahCottage	Genevieve	HGTV's Top	Dirty Business	House
	615	520	61 A&E	The Cleaner (N) (CC)		The Cleaner (CC)		The First 48 (CC)		The First 48 (CC)		The Cleaner
	628	584	82 SPKE	Scariest Police Chases 3		Jesse James Is a Dead Man		Sniper ★★ (1993, Action) Tom Berenger, Billy Zane.				Jesse James
	521	560	40 TLC	Little Couple	Little Couple	18 Kids-Count	18 Kids-Count	Little Couple	Little Couple	Stager	Stager	Dress
	616	522	69 SHO	The Outer Limits (CC)		Painkiller Jane (CC)		A Life Interrupted (2007, Docudrama) Lea Thompson. (CC)				House (CC)
	620	523	70 BVO	Jackie Richardson		Law & Order "Fallout" (CC)		Without a Trace "Gung-Ho"		White Palace ★★★ (1990) Susan Sarandon.		
	601	562	41 SLC	Rich Bride, Poor Bride (CC)		ET Canada	Til Debt-Part	Real Housewives NYC		Trading Spouses		Biggest Loser
	520	505	72 DIS	Deadliest Catch "Lockout" (N)		Daily Planet (CC)		Destroyed	Destroyed	Deadliest Catch "Lockout"		How It's Made
	522	506	74 HIS	NCIS "Bait" (CC)		Lost Worlds (CC)		Tanker Time Bomb		NCIS "Bait" (CC)		Disappear
	627	528	75 SPC	Watchmen	Watchmen	(:15) Stargate SG-1		Star Trek: Next Gener.		(:15) Star Trek: Voyager (CC)		Star Trek: Ent.
	294	650	97 TBS	The Office	The Office	Seinfeld	Seinfeld	Sex and-City	Sex and-City	An American Werewolf in Paris ★ (1997) (PA)		
	619	525	98 TROP	Power Play "Evasion" (CC)		Tube Tales	Tube Tales	Seinfeld	Raymond	Family Guy	Seinfeld	Seinfeld
	603	561	99 FN	Good Eats	Good Eats	Iron Chef America (CC)		Unwrapped	Unwrapped	The F Word (CC)		Good Eats
	626	547	57 COM	Air Farce	Just for Laughs (CC)		Corner Gas	The Simpsons	South Park	Hot Box (N)	Awesome	Daily Show
	320	621	30 CEN	(6:30) The Strangers ★★		Resident Evil: Degeneration (2008) Premiere.				(:45) Resident Evil: Extinction ★★ (2007) Milla Jovovich. (CC)		
	581	566	101 MTV	Run's House	Run's House	MTV Live	After	Living	Living	Run's House	Run's House	MTV Live
	261	394	102 V	Lost Gods	Search	Poltergeist: The Legacy		The Big Heat ★★ (1953) Glenn Ford, Gloria Grahame.				Paid Program
	-	-	105 MUL	Eight Heroes	Kingdom-Wind	Il Caffe		In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics'corner

Being Erica
Erica (Erin Karpluk) has a university education, but she can't seem to get anything resembling a career off the ground. Maybe she needed to make some better contacts in school. To test that theory, she time-travels back to her university days to join an exclusive secret society in hopes of getting a better start. Michael Riley also stars in "What I Am Is What I Am." 9 PM on CBC

Law & Order: Special Victims Unit
A woman is found (guest star Kelly Hu) in Riverside Park, beaten and raped with no memory of what happened. Detectives Benson and Stabler (Mariska Hargitay, Christopher Meloni) discover she was on her way to Korea but never boarded the plane and was instead seen leaving the airport with a mystery man. He becomes an immediate suspect, and with further probing, the detectives find amateur pornographic videos on his computer. And the women in the videos also suffer from memory loss in "Smut." 10 PM on CTV, NBC

Betty star's new baby

Ugly Betty star Ana Ortiz and her husband, musician Noah Lebenzon, have welcomed their first child, a daughter, on Saturday, People reports. Paloma Louise Lebenzon was born at 4:25 p.m. in New York City and weighed 7 lbs., 10 oz. METRO NEWS SERVICES

Celebrity Buzz

Without Shia, Transformers nothing?

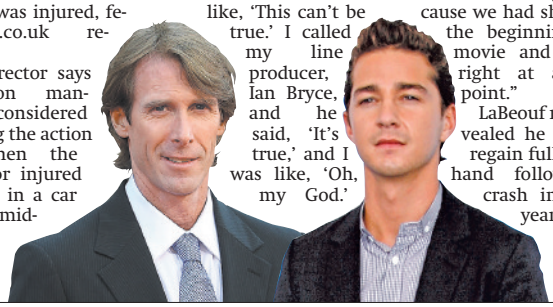
A TRUE MOVIE STAR Michael Bay almost cancelled Transformers: Revenge of the Fallen when Shia LaBeouf was injured, femalefirst.co.uk reports.

The director says production managers considered scrapping the action film when the lead actor injured his hand in a car accident midway through filming and admits they were "lucky" to complete it.

He said: "I actually read it on CNN online and was like, 'This can't be true.' I called my line producer, Ian Bryce, and he said, 'It's true,' and I was like, 'Oh, my God.' He said, 'Let's shut down,' and I said, 'We can't shut down!'

"We were very lucky because we had shot a lot of the beginning of the movie and we were right at a turning point."

LaBeouf recently revealed he will never regain full use of his hand following the crash in July last year.



METRO NEWS SERVICES

I'm just like Harry, Daniel says

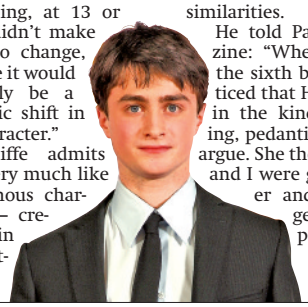
ART BECOMES LIFE Daniel Radcliffe doesn't act when playing Harry Potter, femalefirst.co.uk reports.

The 19-year-old British actor says his abilities were undeveloped when he first took on the role of the boy wizard in Harry Potter and the Philosopher's Stone and he felt fans wouldn't like it if he changed his approach in later movies.

He said: "When I started out at the age of 10 or 11, I was essentially saying the lines as I myself would say them. When I became aware that that's what I was doing, at 13 or 14, it didn't make sense to change, because it would suddenly be a dramatic shift in the character."

Radcliffe admits he is very much like his famous character — created in the best-selling children's book series by J. K. Rowling — and even his mother has noticed the similarities.

He told Parade magazine: "When she read the sixth book she noticed that Harry argues in the kind of irritating, pedantic way that I argue. She thought Harry and I were getting closer and closer together at that point."



METRO NEWS SERVICES

Hollywood salary, teen allowance

DOWN TO EARTH My Sister's Keeper star Abigail Breslin just got a raise, people.com reports. The Oscar-nominated actress rakes in an estimated $2 million US per movie these days, yet, her allowance only went up by $1 in April.

"I get $13 (a week) now, because I'm 13," she said.

Breslin, who has been in show business since she was five, ranked eighth in Forbes magazine's list of Young Hollywood's Top-Earning Stars, in 2007 after pulling in $1.5 million in 2006. At home, she's earned her age the past couple years, and, with her most-recent pay raise comes more responsibility.

"My chores have gotten a little heavier," she said. "My brother used to always to feed the cat and now I feed the cat, which isn't a big deal, but it kind of is, because my cat eats tons. It's like an all-day long cycle."

METRO NEWS SERVICES

Britney turns over new leaf?

STARTING OVER Britney Spears is a brunette, usmagazine.com reports. The singer, 27, showed off the darker do over the weekend while shopping with boyfriend (and agent) Jason Trawick in Santa Monica, Calif. They stocked up on brooms and picture frames.

Last week, a source close to the singer shot down reports that the two are engaged. Still, another source told usmagazine.com that Trawick, 27, has had "a calming effect over Britney."

Said a third source: "He is incredible with the kids. He absolutely adores them."

METRO NEWS SERVICES

LiLo gets party started early

BIRTHDAY GIRL Lindsay Lohan hit Vegas this weekend to launch her new line of tanning products, Sevin Nine, and used the opportunity to turn the event into an impromptu early birthday celebration — even though her big day isn't until next month.

The actress indulged in poolside fun, decadent chocolate cake and five wardrobe changes, according to spies for the Daily Mail. Lohan was back in L.A. by Sunday evening, when she headed out to dinner with on-again, off-again girlfriend Samantha Ronson.

METRO WORLD NEWS

Joke's on Leo after prank

THE LAST LAUGH Leonardo DiCaprio was the target of revenge by some fans who felt he'd snubbed them on a recent trip to Japan.

While visiting a temple in Kyoto, a pair of American tourists reportedly asked the star for a picture, but he declined, pointing to a sign prohibiting photography, according to Page Six.

Feeling slighted, the fans waited until DiCaprio removed his sneakers to enter the temple, then made off with his footwear.

"They just ran off with them," a source said. "The poor guy had to leave the place barefoot."

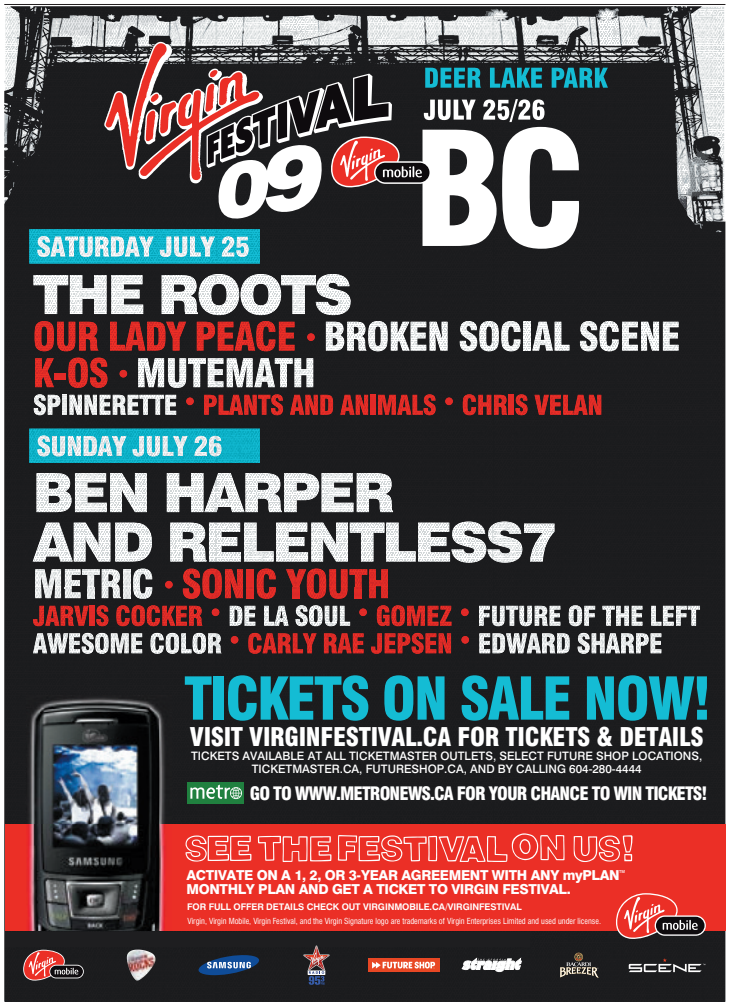
METRO WORLD NEWS

Vanessa bounces back with Topher

ON THE REBOUND Vanessa Minnillo seems to already be moving on from Nick Lachey. She was spotted getting quite friendly with That '70s Show star Topher Grace on the dance floor at a Los Angeles party hosted by Family Guy creator Seth MacFarlane, according to Radar Online.

After a few increasingly intimate dance numbers, the pair reportedly started making out right there on the floor for everyone to see, then later left the party together. METRO WORLD NEWS

GETTY IMAGES


Virgin FESTIVAL 09
Virgin mobile
DEER LAKE PARK
JULY 25/26
BC
SATURDAY JULY 25
THE ROOTS
OUR LADY PEACE • BROKEN SOCIAL SCENE
K-OS • MUTEMATH
SPINNERETTE • PLANTS AND ANIMALS • CHRIS VELAN
SUNDAY JULY 26
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Today Sunny 21° / 12°
Wednesday Mainly sunny 20° / 13°
Thursday Sunny 24° / 15°

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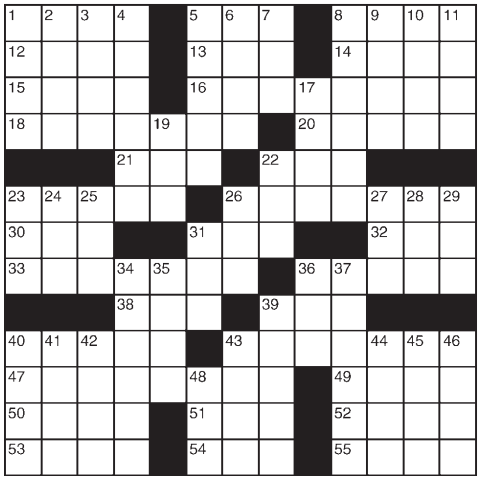
Take Five



Crossword across

1 Guitars' kin
5 Conclude
8 Audio equipment brand
12 Punjabi believer
13 Old French coin
14 Maleficence
15 Basin accessory
16 Pavement
18 Motorcycle attachment
20 Irritates
21 Distort
22 Distant
23 Laurel's partner
26 Courtroom conference
30 Xanadu band
31 Monkey suit
32 SNL alumna Gasteyer
33 Swing band musician
36 Fop
38 19
39 Playground pastime
40 Conspiracy theories
43 Gun of a sort
47 Duck
49 Hodgepodge
50 Epidermis
51 Owns
52 Trademark symbol
53 Camper's shelter
54 TV Tarzan Ron
55 College VIP

Crossword down

1 Employs
2 New Zealand bird
3 Supplemented, with "out"
4 Crafty
5 English composition
6 Bleak, as film
7 Flop
8 Caveat word
9 Elliptical
10 Ledge
11 BPOE members
17 "Zounds!"
19 Weep
22 Repair
23 Cock and bull?
24 Foreman competitor
25 Sceptre
26 Sky sight
27 Proscribe
28 Moreover
29 Shaft from 26-Down
31 April 15 payment
34 Range
35 Fail to hit
36 Mid-June honoree
37 Ancient
39 In one's cups
40 "Hey, you!"
41 Similar to
42 Valhalla bigwig
43 Close up tight
44 Lotion additive
45 Latvia's capital
46 Armstrong's destination
48 Definite article

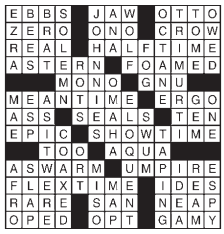
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

			8			7		
8		1		7			6	
6			9			1		
		6		4	7			9
	7						5	
9			3	2		4		
		4			3			1
	1			5		2		3
		5			4			

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



1	8	4	7	2	6	5	9	3
9	5	7	1	3	8	2	4	6
6	3	2	4	9	5	1	7	8
5	2	9	3	6	7	8	1	4
8	4	3	5	1	2	9	6	7
7	1	6	8	4	9	3	5	2
4	7	8	9	5	3	6	2	1
3	6	5	2	7	1	4	8	9
2	9	1	6	8	4	7	3	5

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Spicy Chicken Soup

INGREDIENTS:

2 tbsp (25 ml) canola oil
2 onions, finely chopped
2 large garlic cloves, crushed
1 tsp (5 ml) ground coriander
1 tsp (5 ml) ground cumin
1/4 tsp (1 ml) cayenne pepper
1/4 tsp (1 ml) ground cloves
1/4 tsp (1 ml) ground ginger
1/4 tsp (1 ml) ground turmeric
4 cups (1 l) diluted chicken or vegetable stock
14 oz (396 ml) can chopped tomatoes
1 lb (500 g) skinless chicken breast fillets, cut into ¼-in. (0.5-cm) strips
1/2 lb (250 g) green beans, trimmed and chopped
400 g can chickpeas, drained and rinsed
2 tbsp (25 ml) chopped fresh coriander
1/3 cup (75 ml) low-fat yogurt
pinch of cayenne pepper
12 sprigs of fresh coriander

METHOD:

1. Heat oil in large, heavy-based pot or flameproof casserole dish over medium heat. Add onions and fry for 3 minutes, stirring. Add garlic and continue stirring 2 minutes longer until onions are softened, but not brown.
2. Reduce heat slightly and stir in spices. Continue stirring over gentle heat so spices release their aroma. Take care not to let mixture burn.
3. Stir in stock and tomatoes with their juice, increase heat and bring to boil. Then reduce heat to gentle simmer.
4. Add chicken, beans and chickpeas to pot, bring back to boil, then reduce heat, cover and leave soup to cook gently 10 minutes until chicken is cooked through and beans are just tender. Taste one bean to test if it is cooked and cut piece of chicken in half to make sure it is no longer pink in centre. Stir in chopped coriander and season.
5. Ladle soup into individual bowls, then add dollop of yogurt to each serving, sprinkle with cayenne pepper and garnish with coriander. Serve with chapattis or nan bread.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sallybrompton.com

ARIES ♈
MARCH 21-APRIL 20
Make sure you get your message across today, both at home and at work. If you make the effort you will quite easily find the words to win over others.

TAURUS ♉
APRIL 21-MAY 21
All things are possible if you believe they are possible, so stop looking for reasons why your plans could go wrong and focus on why they will go right.

GEMINI ♊
MAY 22-JUNE 21
You don't have to be sociable or put in more work hours than strictly required. If you'd prefer to be by yourself today by all means do so.

CANCER ♋
JUNE 22-JULY 22
Group activities of all kinds are under good stars; you'll have plenty to show for your efforts by day's end. Team tasks will go easier if you seize the initiative.

LEO ♌
JULY 23-AUG 23
Who said Leos have fixed ideas? Clearly they don't know what they are talking about and you will prove it today as you think in new directions.

VIRGO ♍
AUG 24-SEPT 22
You may not want to hurt a close friend's feelings, but say what needs to be said then offer a shoulder to cry on. They'll thank you for it one day.

LIBRA ♎
SEPT 23-OCT 23
Your powers of persuasion are strong currently and both family and financial matters will go well if you let others know what you expect of them.

SCORPIO ♏
OCT 24-NOV 22
Don't be afraid to speak up if a loved one is making a mistake of some kind. You'd never forgive yourself if they suffered because you stayed silent.

SAGITTARIUS ♐
NOV 23-DEC 21
It's not like you to focus on the little things that could wrong rather than the big things that will go right, so why are you doing it now? Snap out of it.

CAPRICORN ♑
DEC 22-JAN 20
You're getting all sorts of offers from all sorts of directions, but you seem reluctant to commit. If you're waiting for a perfect offer, don't wait forever.

AQUARIUS ♒
JAN 21-FEB 18
If you see or hear something to your advantage today, act on it quickly. Don't waste time wondering what it means to other people. It's OK to be selfish.

PISCES ♓
FEB 19-MARCH 20
Someone will try to blame you for a mistake that was mainly, if not wholly, down to them today. Don't let them get away with it.

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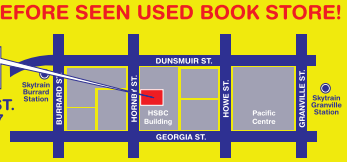

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AIR CANADA VACATIONS

DEALS to EUROPE

Paris
All Seasons Paris Gare Est • 3★
Breakfast
Standard rm.
Aug. 5, 11 & 17 • 1 wk.
$1099
Taxes & fees: $328

London
Barkston Gardens • 3 1/2★
Breakfast
Standard rm.
Sept. 1 • 1 wk.
$1199
Taxes & fees: $475

DEALS to the SUN

Honolulu, Hawaii
Aqua Aloha Surf & Spa • 3★
Continental breakfast
Surf 2006 - Moderate partial city view rm.
Aug. 6, 7, 10, 13, 14 & 16 • 1 wk.
$799
Taxes & fees: 153

Maui, Hawaii
Aston at the Maui Banyan • 3★
Aug. 22 & 29 • 1 wk.
$1049
Taxes & fees: $153

Cancun / Riviera Maya via Calgary
Occidental Grand Xcaret • 4 1/2★
All-Inclusive
Supersaver deluxe rm.[1]
Aug. 15 - 22 • 1 wk.
$869
Taxes & fees: $280

Grand Riviera Princess All Suites Resort & Spa • 4 1/2★
All-Inclusive • Junior suite
Aug. 15 - 22 • 1 wk.
$969
Taxes & fees: $280

Santa Clara via Calgary
Occidental Royal Hideaway Ensenachos • 5★
All-Inclusive
Supersaver Royal Spa rm.[2]
July 12 • 1 wk.
$1079
Taxes & fees: $212

Meliá Las Dunas • 4★
All-Inclusive • Standard rm.
Aug. 2 - 23 • 1 wk.
$1089
Taxes & fees: $212

St. Lucia via Toronto
Bay Gardens Hotel • 3★
Stan dard rm.
Aug. 23 & 30 • 1 wk.
$1189
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Western Caribbean
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Aug. 8 & 22 • 5 nts.
$1229
Taxes & fees: $221

Liberty of the Seas®
Eastern Caribbean • Flights to Miami via Toronto
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